

DAY 1~~REGULAR DIET  
\*REGULAR PORTIONS ( )  
SMALL PORTIONS ( )  
LARGE PORTIONS ( )

FRUITS AND JUICES  
( ) \*Orange Sections ( ) Cranberry Juice  
( ) Grape Juice  
( ) Apple Juice ( ) Orange Juice  
( ) Apricot Nectar ( ) Prune Juice  
( ) Cranapple Juice ( ) V-8 Juice

CEREALS  
( ) \*Cream of Wheat ( ) Rice Krispies  
( ) Bran Flakes ( ) Shredded Wheat Minis  
( ) Cheerios ( ) Wheaties  
( ) Corn Flakes ( ) Malt-O-Meal  
( ) ½ & ½ ( ) Oatmeal

ENTREES  
( ) \*Scrambled Eggs ( ) \*Sausage Links  
( ) Egg Beaters ( ) Cottage Cheese  
( ) Peanut Butter ( ) Yogurt W/Fruit

BREAKFAST BREADS  
( ) \*Blueberry Muffins  
( ) Buttered White Toast  
( ) Buttered Whole Wheat Toast  
( ) Buttered Raisin Toast  
( ) Toasted Bagel with Cream Cheese  
( ) Toasted English Muffin  
( ) Assorted Danish

BEVERAGES/CONDIMENTS  
( ) \*Coffee ( ) Hot Chocolate  
( ) Decaf Coffee ( ) Creamer  
( ) Hot Tea ( ) Non-Dairy Creamer  
( ) Herbal Tea ( ) Lemon  
( ) Whole Milk ( ) \*Margarine  
( ) \*2% Milk ( ) Jelly  
( ) Skim Milk ( ) Honey  
( ) \*Sugar (2) ( ) \*Syrup  
( ) Mrs. Dash ( ) Sugar Substitute  
( ) \*Pepper ( ) \*Salt

DAY 1~~~REGULAR DIET  
\*REGULAR PORTIONS ( )  
SMALL PORTIONS ( )  
LARGE PORTIONS ( )

APPETIZER/SALAD  
( ) \*Tossed Salad  
( ) \*Ranch Dressing ( ) French  
( ) Thousand Island  
( ) Italian Dressing  
( ) Tomato Soup with Oyster Crackers

ENTREES / STARCH  
( ) \*Baked Chicken Breast  
( ) Grilled Cheese Sandwich

STARCH/VEGETABLE  
( ) \*Mashed Potatoes w/Chicken Gravy  
( ) \*Asparagus Spears  
( ) Green Beans

BREADS  
( ) White Dinner Roll  
( ) \*Whole Wheat Dinner Roll  
( ) Wheat Bread

DESSERTS  
( ) \*Fresh Fruit Cup  
( ) Vanilla Ice Cream cup  
( ) Rainbow Sherbet

BEVERAGES / CONDIMENTS  
( ) Coffee ( ) Decaf Coffee  
( ) Hot Chocolate ( ) Ice Tea  
( ) \*Hot Tea ( ) Creamer  
( ) Herbal Tea ( ) Non-Dairy Creamer  
( ) Whole Milk ( ) Lemon  
( ) \*2% Milk ( ) \*Margarine  
( ) Skim Milk ( ) Jelly  
( ) \*Sugar (2) ( ) Honey  
( ) Mrs. Dash ( ) Sugar Substitute  
( ) \*Pepper ( ) \*Salt

DAY 1~~~REGULAR DIET  
\*REGULAR PORTIONS ( )  
SMALL PORTIONS ( )  
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APPETIZER /SALAD  
( ) \*Pears in Lime Jell-O  
( ) Tossed Salad  
( ) Ranch Dressing ( ) French  
( ) Thousand Island ( ) Italian Dressing  
( ) Assorted Jell-O Cubes

ENTREES / STARCH  
( ) \*Macaroni & Cheese  
( ) Tuna Sandwich on White Bread

VEGETABLE  
( ) \*Beets  
( ) Spinach

BREADS  
( ) White Dinner Roll  
( ) \*Whole Wheat Dinner Roll  
( ) Wheat Bread

DESSERTS  
( ) \*Raspberry Pie  
( ) Vanilla Ice Cream Cup  
( ) Fresh Fruit Cup

BEVERAGES / CONDIMENTS  
( ) Coffee ( ) Decaf Coffee  
( ) Hot Chocolate ( ) Ice Tea  
( ) \*Hot Tea ( ) Creamer  
( ) Herbal Tea ( ) Non-Dairy Creamer  
( ) Whole Milk ( ) Lemon  
( ) \*2% Milk ( ) \*Margarine  
( ) Skim Milk ( ) Jelly  
( ) \*Sugar (2) ( ) Honey  
( ) Mrs. Dash ( ) Sugar Substitute  
( ) \*Pepper ( ) \*Salt